

Section	Dish	Allergen	INGREDIENTS	HEATING	MICROWAVE	STORAGE
wc 30/03/26	Microwave. Decant all dishes into a microwaveable container and cover. Instructions are for 800W to 1000W domestic microwave. Please note that using a microwave may be detrimental to the texture of the dish					
STARTERS	Filet de boeuf froid, rémoulade	GF DF	Beef, MUSTARD, CELERY, EGG, oil, lemon, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Rillettes de jambon fumé	GF DF w/o baguette	Pork, duck fat, garlic, onions, yeast, wheat flour, WHEAT FLOUR GLUTEN, EGG, MUSTARD, celeriac, shallots, vinegar	Remove from the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Salade de crabe et asperges		CRUSTACEAN, EGG, MUSTARD, CELERY, avocado, asparagus, pepper, chilli	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Can be frozen for up to 1 months. Defrost overnight in the fridge
	Soufflé au trois fromages et ciboulette	GF, V	MILK, EGGS, gluten free flour, chives, nutmeg, onions, salt, pepper	Remove lid and heat for 18 mins	3 minute twice on 75%	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
MAIN COURSES	Ballotine de pintade, niçoise chaude et jus au basilic	GF	Guinea fowl, pork, olives, tomato, peppers, garlic, onions, capers, Milk, shallots, parsley, vinegar, potatoes	Remove lid and heat for 16 mins	3 minutes twice on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Blanquette de saumon et St jacques	GF	FISH, MOLLUSC, samphire, wine, leeks, MILK, CELERY, shallots, rice	Remove the lid heat at 180C for 20 mins	3 minutes twice on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Demi canard roti aux cerises	GF DF	Duck, lemon, blackcurrant, red wine, CELERY, meat stock, new potatoes, sugar, vinegar, onions	Remove lid, cover with a loose foil and heat for 20 minutes. Heat the sauce separately		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Filet de flétan rôti, navarin de légumes et sauce homard	GF	FISH, CRUSTACEAN, MILK, shallot, wine, carrot, peas, asparagus, parsley, potatoes,	Remove lid and heat for 16 mins, leave to rest for 5 mins	3 minutes twice on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Paleron vigneronne	GF	Beef, Wine, CELERY, carrot, onions, bay, star anis, tomato, MILK, potatoes	Remove lid and heat for 18-20 mins	4 minutes twice on 75% power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Filet d'agneau en croûte		Lamb, WHEAT FLOUR GLUTEN, NUTS, MILK, EGG, mushroom, pork, peas, salad, potato, garlic, CELERY, wine, tomato	Remove from packaging and place on a preheated oven tray, bake at 200C for 15 min (rare) add 5 more mins for medium and leave to rest for 5 mins, heat the sauce separately in a pan	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
SIDES	pomme écrasées	GF	New potatoes, shallots, parsley, MILK	Remove the lid heat for 12 mins	2 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Jardinière de légumes	GF V	Petit pois, leeks, carrots, onions, beans	Remove lid and heat for 18 minutes	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Basmati rice	GF	Rice, onions, garlic, CELERY, bay leaves, salt, pepper, oil	Remove lid, add 40ml of water, cover with loose foil and heat for 18 minutes. Alternatively empty into a microwaveable container, cover with a loose lid and heat on full power for 2mins (800W)	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Haricot vert	V GF	Green bean, MILK, parsley,	Remove lid and heat for 15 minutes	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes crique	GF	Potatoes, onions, EGG, MILK, olive oil, salt, pepper	Remove the lid heat for 15 mins	Heat on full power for 2 minutes	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge

	Pommes nouvelle	DF GF V	Potatoes, salt	Remove lid and heat for 15 mins	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes puree	GF	Potatoes, MILK, garlic, nutmeg	Remove lid, cover with foil, heat for 25 minutes. once hot beat with a wooden spoon for best results. Alternatively transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid heat at 200C for 45 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
DESSERTS	Gateau Opera	V	NUTS, WHEAT FLOUR GLUTEN, MILK, EGGS, coffee, Brandy, chocolate, sugar, gelatine, cocoa powder	Remove from the fridge 10 minutes before serving	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Mousse au chocolat et oeufs de paques	GF	Chocolate, EGGS, MILK, sugar, WHEAT FLOUR GLUTEN	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Pavlova à la rhubarbe	GF	EGGS, MILK, sugar, NUTS, rhubarb, lemon, raspberries	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
<p style="text-align: center;">ALLERGENS ARE SHOWN IN BOLD. PLEASE NOTE THAT OUR DISHES ARE PREPARED IN A COMMERCIAL KITCHEN WHERE NUTS ARE USED. WE CANNOT GUARANTEE THAT ANY DISHES ARE NUT FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN</p>						